

**Please wear a mask when you drive up! If you have symptoms of fever, cough, and shortness of breath, please call us at (800)-838-6331 before visiting us.**

### Who is eligible for the market?

VA Bedford's Veterans Free Produce Market serves Veterans, Active Duty, Reserve and National Guard servicemembers. Easy one time registration available on site.

### Are there any income limits?

VA Bedford's Free Produce Market does not set income limits.

### Where does the food come from?

Food is donated through our partner organization, The Greater Boston Food Bank, [www.gbfb.org](http://www.gbfb.org). It is dropped off right before the market.

How can I check if there is a change in the Market time or location? Check our Facebook page or Twitter!

How do I volunteer for the market? Go to <https://www.Bedford.VA.gov/giving> and fill out a volunteer application!

### VA Bedford Healthcare System

@VABedfordHCS



@VABedfordHCS



**Free Produce Market is the 3<sup>rd</sup> Thursday of the month 12:30-2:00pm**

**In severe weather, call 781-687-3076 the morning of the market to confirm.**

2021

January						
Su	M	Tu	W	Th	F	Sa
					1	2
3	4	5	6	7	8	9
10	11	12	13	14	15	16
17	18	19	20	21	22	23
24	25	26	27	28	29	30
31						

February						
Su	M	Tu	W	Th	F	Sa
	1	2	3	4	5	6
7	8	9	10	11	12	13
14	15	16	17	18	19	20
21	22	23	24	25	26	27
28						

March						
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14	15	16	17	18	19	20
21	22	23	24	25	26	27
28	29	30	31			

April						
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18	19	20	21	22	23	24
25	26	27	28	29	30	

May						
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9	10	11	12	13	14	15
16	17	18	19	20	21	22
23	24	25	26	27	28	29
30	31					

June						
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13	14	15	16	17	18	19
20	21	22	23	24	25	26
27	28	29	30			

July						
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18	19	20	21	22	23	24
25	26	27	28	29	30	31

August						
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15	16	17	18	19	20	21
22	23	24	25	26	27	28
29	30	31				

September						
Su	M	Tu	W	Th	F	Sa
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6	7	8	9	10	11	12
13	14	15	16	17	18	19
20	21	22	23	24	25	26
27	28	29	30			

October						
Su	M	Tu	W	Th	F	Sa
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10	11	12	13	14	15	16
17	18	19	20	21	22	23
24	25	26	27	28	29	30
31						

November						
Su	M	Tu	W	Th	F	Sa
	1	2	3	4	5	6
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14	15	16	17	18	19	20
21	22	23	24	25	26	27
28	29	30				

December						
Su	M	Tu	W	Th	F	Sa
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12	13	14	15	16	17	18
19	20	21	22	23	24	25
26	27	28	29	30	31	

*\*Subject to change with the needs of the Greater Boston Food Bank, watch VA Bedford Facebook page for notices. The Free Produce Market is run by VA Bedford Center for Development and Civic Engagement, (formerly Voluntary Service) staff and volunteers. For details call us at:*

**781-687-3076**



## 2021 Schedule

**VA Bedford's Free Veterans Produce Market is 3<sup>rd</sup> Thursday of Every Month 12:30pm - 2:00pm**



**U.S. Department of Veterans Affairs**

Veterans Health Administration  
Bedford Healthcare System

## Where exactly do I drive up for the Free Produce Market?

**Watch for the signs\***, take the road next to Building 1 at the flag pole, pass the water tower and come in **behind Building 61\***. Please honor the 10mph speed limit for everyone's safety.

**Don't Drive?** Walk-ups are welcome to come through the tunnel between Bldg. 7 and Bldg. 61. For safety reasons walk-ups are not allowed road side.

**How do I volunteer?** VA Bedford has a strong volunteer force and we are always grateful for more help! Individuals, groups and corporations are welcome to call us at **781-687-3076** to volunteer at the Free Produce Market or to volunteer at VA Bedford.



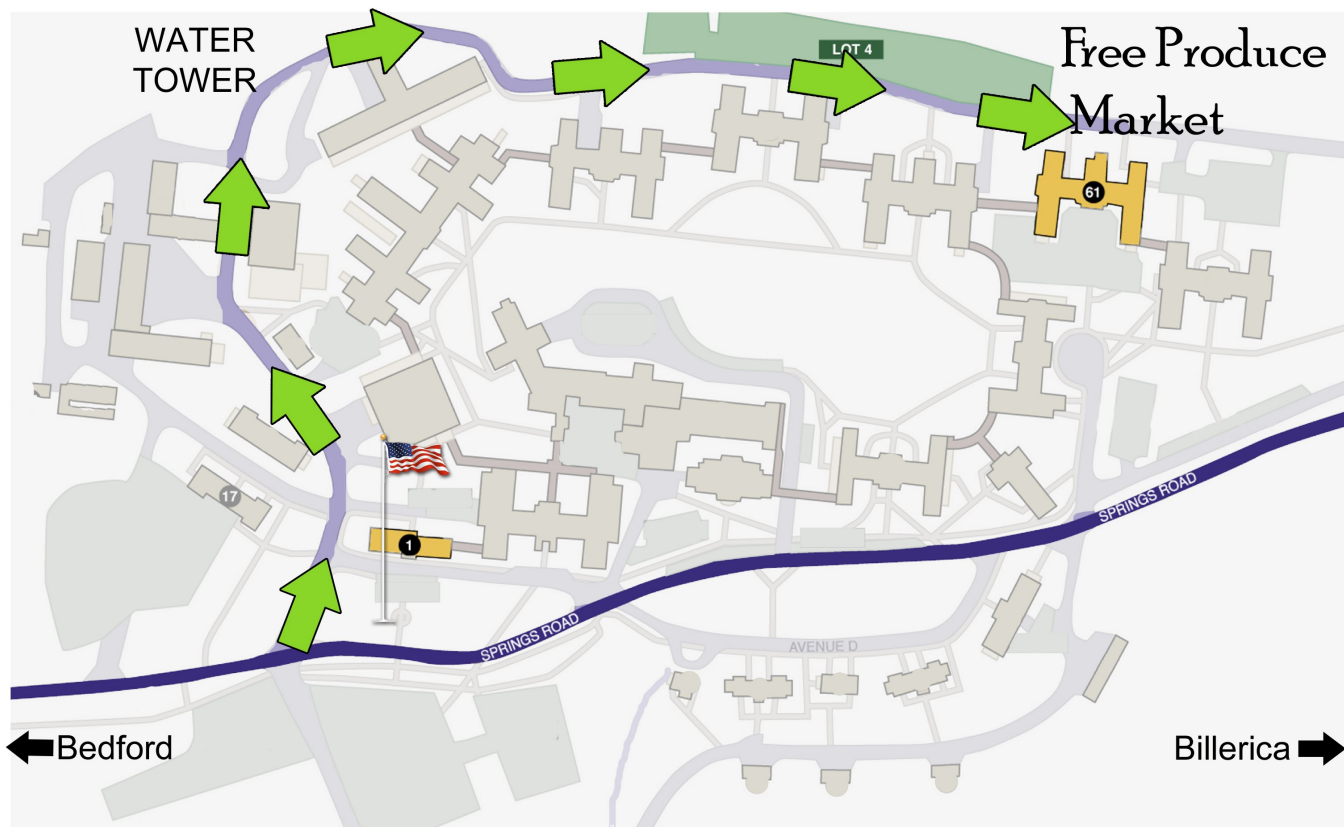
**Recipes:** Find easy, healthy recipes with every day ingredients [www.clickncook.org](http://www.clickncook.org)

## Veterans Healthy Teaching Kitchen



Did you know VA Bedford's Nutrition Services offers tools and resources to support a healthy lifestyle? Learn about food selection and preparation. Develop and nurture healthy, life-long eating habits. Build your confidence and learn new skills!

The **Healthy Teaching Kitchen** classes are fun, educational and use recipes relevant to the produce from the Free Produce Market! Learn about the amazing things YOU can do with today's fruits and vegetables! Call **VA Bedford Nutrition Services** at **781-687-2685** to learn more!



## Directions to One Way Drive Up Free Produce Market open 12:30-2:00pm

**\*During construction we may need to relocate. Watch for signs!**

- Enter at road nearest US Flag in front of Building 1 and head around the back.
- You will pass the water tower on your left. Observe the 10mph speed limit.
- Follow until you see the traffic coned area in the back of Building 61.
- If you are registered, give your name to receive your produce from volunteers.
- If you are not registered, you will be given an easy one-time registration form.



**U.S. Department of Veterans Affairs**

Veterans Health Administration  
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